WORKSHEET 12

FOOD INTAKE AND SIDE-EFFECTS LOG

Visit **www.LLS.org/CaregiverWorkbook** to access all chapters and worksheets.

Date: _____ **Weight:** _____

Keeping track of the patient's food intake, side effects, and overall well-being is very important during cancer treatment. Seeing how food intake affects the way the patient feels can provide insights for you, the patient and members of the healthcare team. Tracking a patient's food intake may only be necessary at certain times during treatment. If there is concern about a decline in food intake, monitor the patient's weight. Ask members of the healthcare team what makes sense for your loved one. Note whether the day being recorded is a treatment day for the patient.

TIME OF DAY MEAL	FOOD AND BEVERAGES	AMOUNT	HOW DOES THE PATIENT FEEL? List any side effects the patient experiences.
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

Circle the patient's overall well-being for the day. 0 is the worst, 10 is the best.

0 **1** **2** **3** **4** **5** **6** **7** **8** **9** **10**

Worst Best